

Goals to Motivate You

A goal for success needs to be . .

- Your Idea
- Achievable
- An Action
- Able to answer the questions:
 - What?
 - How much or how often?
 - When?
 - With whom?

Here is an example of a goal for success

I will write down, in my red notebook, everything that I eat and drink for the whole day this Saturday and Sunday.

For practice, write a goal for yourself that you can successfully accomplish in the next week.

My goal:

Check to make sure that your goal meets all the guidelines for success. Does your goal answer all the questions?

Beware of barriers! Is there anything that could make it difficult for you to accomplish your goal? What are the barriers that could come in your way this week?

Can you think of ways to overcome these barriers? If not, you may need to modify your goal so that you can be sure to succeed.

How will you reward yourself when you complete your goal?

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